



Aston Tower Physical Education Curriculum

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y6	<p>Dance</p> <p>Work collaboratively with a partner and in small groups to perform more complex dances.</p> <p>Compare performance with previous performances and demonstrate improvements to achieve personal best.</p> <p>Develop flexibility, balance, strength and control in a range of dances.</p>	<p>Tag Rugby</p> <p>Play in competitive games developing fluency in skills and techniques.</p> <p>Working as a team implementing attacking and defending tactics.</p> <p>Compare team performance against other team performance.</p>	<p>Gymnastics</p> <p>Work collaboratively with a partner and in small groups to perform.</p> <p>Compare performance with previous performances and demonstrate improvements to achieve personal best.</p> <p>Develop flexibility, balance, strength and control.</p>	<p>Football</p> <p>Play in competitive games developing fluency in skills and techniques.</p> <p>Work in collaboration to play in different formations.</p> <p>Compare team performance against other team performance.</p>	<p>OAA</p> <p>Compare performances with previous performances.</p> <p>Apply a range of skills to complete a task.</p> <p>Practise using problem-solving skills.</p>	<p>Athletics</p> <p>Compete developing fluency in skills and techniques, and as part of a team.</p> <p>Work in collaboration to apply strategies for maximising speed and distance.</p> <p>Compare and contrast team and individual performances across a range of activities.</p>
Y5	<p>Football</p> <p>Play in competitive games developing strength and technique.</p> <p>Able to recognise where improvements could be made in their work.</p> <p>Select and combine more complex skills in game situations.</p>	<p>Handball</p> <p>Play in competitive games developing strength and technique.</p> <p>Able to recognise where improvements can be made in their work.</p> <p>Select and combine more complex skills in game situations.</p>	<p>Gymnastics</p> <p>Work collaboratively with a partner to perform.</p> <p>Compare performance with previous performance.</p> <p>Develop flexibility, balance, strength and control.</p>	<p>Dance</p> <p>Perform routines to audiences.</p> <p>Perform in a variety of dance styles.</p> <p>Work collaboratively in groups.</p>	<p>Cricket</p> <p>Play in competitive games developing power.</p> <p>Able to recognise where improvements could be made in their work.</p> <p>Select and combine more complex skills in game situations.</p>	<p>Athletics</p> <p>Master basic movements including running, throwing and jumping, and identify ways to improve.</p> <p>Compete against self and others selecting and applying simple techniques effectively.</p>

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Y4	<p>Swimming and water safety</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively. Perform safe self-rescue in different water-based situations.</p> <p>Hockey</p> <p>Play in competitive games developing stamina and endurance.</p> <p>Practise and use running, sprinting and dynamic balance in games.</p> <p>Work collaboratively to use basic tactics for defending and attacking.</p>	<p>Swimming and water safety</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively.</p> <p>Perform safe self-rescue in different water-based situations.</p> <p>Tag rugby</p> <p>Developing stamina and speed in competitive games.</p> <p>Practice and use running and dynamic balance in games. Work as a team to use basic defending and attacking tactics in games.</p>	<p>Swimming and water safety</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively.</p> <p>Perform safe self-rescue in different water-based situations.</p> <p>Gymnastics</p> <p>Develop strength and stamina through sustained periods of vigorous activity.</p> <p>Practice and implement runs, leaps, jumps and locomotion in more complex sequences.</p>	<p>Cricket</p> <p>Play in competitive games developing stamina and endurance.</p> <p>Practice and use running, sprinting and dynamic balance in games.</p> <p>Work collaboratively to use basic tactic and strategies for batting and fielding.</p>	<p>Tennis</p> <p>Play competitively against others.</p> <p>Work hard to challenge self to improve the consistency of shots.</p> <p>Implement basic tactics.</p>	<p>Athletics</p> <p>Master basic movements including running, throwing and jumping and identify ways to improve.</p> <p>Compete against self and others selecting and applying simple techniques effectively.</p> <p>Work collaboratively and individually to help improve self and others.</p>

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Y3	<p>Gymnastics</p> <p>Devise simple sequences using compositional ideas.</p> <p>Master basic movements including leaping, jumping, balancing and stretching.</p>	<p>Basketball</p> <p>Play competitive games developing throwing, catching, shooting and defending skills.</p> <p>Use of sprinting, running and dynamic movements.</p> <p>Apply the rules of basketball to drills and gameplay.</p>	<p>Hockey</p> <p>Play competitive games developing agility.</p> <p>Able to recognise where improvements could be made in their work.</p> <p>Select and combine more complex skills in game situations.</p>	<p>Swimming and water safety</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively.</p> <p>Dance</p> <p>Develop and perform simple routines.</p> <p>Perform to an audience.</p>	<p>Swimming and water safety</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively.</p> <p>Tennis</p> <p>Play competitive games developing simple tactics.</p> <p>Master basic movements including hitting, returning, moving to return. Work collaboratively to use basic tactics.</p>	<p>Swimming and water safety</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively.</p> <p>Athletics</p> <p>Compete against self and others developing simple technique.</p> <p>Master basic movements including running, throwing and jumping.</p>
Y2	<p>Dance</p> <p>Become increasingly competent and confident in fundamental movement in dance,</p> <p>Develop and perform simple movement patterns.</p>	<p>Gymnastics</p> <p>Become increasingly competent and confident in fundamental agility, balance, and co-ordination in relation to gymnastic activity.</p> <p>Develop and perform simple sequences.</p>	<p>Attack, Defend, Shoot</p> <p>Develop eye to foot co-ordination.</p> <p>Participate in increasingly challenging games situations.</p>	<p>Hit, Catch, Run</p> <p>Develop eye to hand co-ordination for hitting.</p> <p>Participate in striking and fielding game situations.</p>	<p>Run, Jump, Throw</p> <p>Develop agility in running.</p> <p>Participate in competitions for running, jumping and throwing.</p>	<p>Send & Return</p> <p>Participate in modified net/wall games.</p> <p>Combine isolated skills. Compete against self and others to score points.</p>

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Y1	<p>Gymnastics</p> <p>Mastering basic movements and developing agility, balance and co-ordination.</p> <p>To extend performance in movement patterns and sequences.</p>	<p>Dance</p> <p>Extend co-ordination, flexibility and balance.</p> <p>Perform short, simple movement patterns.</p> <p>Watch others and say what they liked about a performance.</p>	<p>Attack, Defend, Shoot</p> <p>Develop fundamental movement skills in a variety of games</p> <p>Engage in competitive situations with some attacking and defending skills.</p>	<p>Hit, Catch, Run</p> <p>Extend agility and co-ordination through throwing catching and retrieving.</p> <p>Participate in simple hit, catch and run games.</p> <p>Score points through sending balls and running.</p>	<p>Send & Return</p> <p>Extend co-ordination for hitting.</p> <p>Participate in simple sending and receiving games</p> <p>Score points through sending balls using hitting skills to correct areas.</p>	<p>Run, Jump, Throw</p> <p>Engage in competitive activities against self and others.</p> <p>Master basic running, jumping and throwing skills.</p>